



## Tex-Mex Soup

 Gluten Free  Dairy Free

READY IN



27 min.

SERVINGS



6

CALORIES



222 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 avocado chopped
- 15 oz black beans undrained canned
- 0.3 cup cilantro leaves fresh chopped
- 1 cup regular corn frozen
- 1 Tbsp garlic minced
- 1 tsp ground cumin
- 1 lime cut into 6 wedges
- 1 Tbsp olive oil

- 1 cup onion chopped
- 1 large jalapeño pepper fresh seeded finely chopped
- 2 cups boca veggie ground crumbles frozen
- 4 cups water

## Equipment

- bowl
- sauce pan
- ladle

## Directions

- Cook onions, peppers, garlic and cumin in hot oil in large saucepan on medium heat 5 min. or until vegetables are crisp-tender, stirring frequently.
- Add water and crumbles; stir. Bring to boil. Stir in beans and corn; cook 2 min. or until heated through.
- Ladle into bowls; top with avocados and cilantro. Squeeze lime wedge over each bowl of soup.

## Nutrition Facts



## Properties

Glycemic Index:33, Glycemic Load:1.22, Inflammation Score:-5, Nutrition Score:15.223043338112%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

## Nutrients (% of daily need)

Calories: 221.81kcal (11.09%), Fat: 8.99g (13.84%), Saturated Fat: 1.28g (8.01%), Carbohydrates: 27.71g (9.24%), Net Carbohydrates: 17.63g (6.41%), Sugar: 1.87g (2.08%), Cholesterol: 0mg (0%), Sodium: 403.07mg (17.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.26g (22.53%), Fiber: 10.08g (40.32%), Vitamin B12: 2.27µg (37.85%), Vitamin B1: 0.51mg (33.84%), Vitamin B3: 4.75mg (23.73%), Vitamin B6: 0.45mg (22.47%), Folate: 87.84µg (21.96%), Iron: 3.55mg (19.71%), Phosphorus: 186.92mg (18.69%), Manganese: 0.35mg (17.45%), Potassium: 580.67mg (16.59%), Vitamin C: 13.09mg (15.86%), Copper: 0.27mg (13.36%), Vitamin B2: 0.22mg (12.83%), Magnesium: 50.25mg (12.56%), Vitamin K: 10.99µg (10.47%), Zinc: 1.2mg (8.01%), Vitamin B5: 0.75mg (7.47%), Vitamin E: 1.09mg (7.27%), Calcium: 51.2mg (5.12%), Selenium: 1.67µg (2.39%), Vitamin A: 109.21IU (2.18%)